

November 2019 Newsletter



David Guzik November 2019 Athlete of the Month

Cross Country Grand Prix

September 28th, 2019 Ray Crothers 5k, New Britain [Results](#)

November 10th, 2019 [Age Before Beauty 5k](#) Litchfield

November 23rd, 2019 [HTC 8k XC Challenge](#), West Hartford

December 14th, 2019 [USATF National Club Cross Country Championships](#) Lehigh University Bethlehem, PA

2019 CT Junior Olympic XC Championships November 10th

Information on the 2019 USATF-CT Junior Olympic Cross Country Championship can be found [here!](#) All competitors must have a current USATF membership which can be done on www.usatf.org and then register on athletic.net You also need to verify the proof of birth by contacting the Connecticut membership chairman at 203-392-6813 (fax) or scan to jbwbarber0917@sccglobal.net DEADLINE TO VERIFY BIRTHDATE IS NOVEMBER 1, 2019 AT MIDNIGHT. A reminder there will be no day-of entries.

Future Olympians Elite Hurdles & Sprints Clinic

November 17th there will be a Future Olympians Elite hurdles & Sprints clinic at Southern Connecticut State University James W. Moore Fieldhouse New Haven, CT Register today at futureolympiansclinic.com

The 2020 Road Race Grand Prix Has Been Announced

Sunday March 1st, 2020 [99.1 PLR Shamrock & Roll 5K](#)

Sunday April 5th, 2020 [Harvard Pilgrim Middletown 10 Mile](#)

Saturday May 23rd, 2020 [Delany Dash 4 Mile](#)

Sunday June 14th, 2020 [Litchfield Hills Road Race 7 Mile](#)

Sunday June 21st, 2020 [Branford Road Race 5 Mile](#)

Saturday August 15th, 2020 [Bristol 10k](#)

Monday September 7th, 2020 [Faxon Law New Haven road Race 20k](#)

Sunday October 25th, 2020 [Faxon Law Madison Half Marathon](#)

Athlete of the Month

David Guzik was nominated as November's Athlete of the month. David has been running well and recently broke the Manchester Masters record at the Hartford marathon running a 2:47:52. For more information [click here](#).

Please email brittanytelke@gmail.com to nominate a USATF-CT member for Athlete of the Month!